Your A1c Test

GLUCOSE CONTROL BY A1C

The A1c represents the average glucose in your blood over a 3 month period. It may not always be the same. Use your A1c information to help you better manage your diabetes.

The A1c goal for all children and youth with Type 1 Diabetes is below 7.5%. Try to get as close to this goal as you can without frequent hypoglycemia.

1. My A1c test result today is: [ ]
   My target for my next A1c test is: [ ]

2. My A1c should be checked again in 3 to 4 months.

3. The non-diabetic range for the A1c test at my lab is 4.7% to 6.4%.

- **EXCELLENT CONTROL**
  - 7.5%
- **DESIRED**
  - 8.0%
- **GOOD**
  - 8.5%
- **FAIR**
  - 9.5%
- **POOR**
  - 12.0%
- **BAD**
  - 14.0%

**DIABETIC RANGE**
- 14.0% to 38.0%

**NON-DIABETIC RANGE**
- 4.7% to 6.4%

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